

Weekly Diabetes Update
12-14-07

1. How to BUILD ON Your Efforts with Cultural Competence

The Maternal, Child and Family Health Coalition is pleased to announce that registration for “How to BUILD ON Your Efforts with Cultural Competence” is now open. The event will be held **on February 29, 2008**, in St. Louis, Missouri. Get more information and/or register by going to the Coalition web site at www.stl-mcfhc.org.

2. 33rd Annual Women's Health Care Symposium

The symposium will be held **March 13-14, 2008**, at the Hyatt Regency Crown Center in Kansas City, Missouri. It will feature Lee Shulman, MD, FACOG, FACMG; Sharon Schnare, RN, FNP, CNM, MSN; and Barb Bancroft, RN, MSN, PNP presenting the latest information and evidence-based practice guidelines to improve the quality of care for women. For conference specifics, hotel reservation information, and to view the tentative agenda, check the website http://nursing.umkc.edu/eventdetail.cfm?Event_ID=118.

3. Diabetes & Depression – Free On-Line Educational Opportunity

The New Mexico Department of Health, Diabetes Prevention and Control Program, has launched a web-based learning opportunity. Go to www.diabetesnm.org for a 1.5 to 3 hour course titled Diabetes and Depression. Continuing Education Units (CEUs) are available for nurses, doctors, pharmacists, social workers, dietitians, and Certified Health Education Specialists (CHES). And it is all free! New Mexico views this as an important step to reach many providers in their rural state and hopes other members of the nationwide health provider communities also find it useful. For more information contact Patricia Anello RN BSN at 505-476-7610 or www.diabetesnm.org.

4. Flu Vaccination Poster

The Centers for Disease Control and Prevention (CDC) developed a series of posters encouraging people to get their flu vaccine. One features a parent saying that his daughter has diabetes, so both of them will be getting a flu vaccine. These posters can be downloaded and printed from the following link: <http://www.cdc.gov/flu/professionals/flugallery>. Materials are available in English and Spanish.

5. “With Obesity, Diabetes, and Cardiovascular Disease on the Rise, Physicians Need More Comprehensive Guidelines”

Survey results from 750 cardiology, endocrinology, nephrology, and primary care clinicians who attended the 2007 Cardiometabolic Health Congress in September indicate lack of consistency in treating patients with multiple cardiovascular and metabolic risk factors, and the need for comprehensive guidelines. Read more about the survey in a press release from Cardiometabolic Health at <http://www.cardiometabolichealth.org/press/text/121107.htm>.

As a reminder, the Missouri Diabetes Prevention and Control Program publishes the Missouri Consensus Diabetes Management Guideline for Adults, which can be found on our website at <http://www.dhss.mo.gov/diabetes/Guidelines.html>.

6. **“Fed up, nurse took on diabetes”**

This article from the Toronto Star tells the story of a Canadian nurse taking action in her community to battle the public health issue of diabetes. Read the article and be inspired at <http://www.thestar.com/living/Health/article/283724>.

You, too, can get “fed up” and take action. The Missouri Diabetes Prevention and Control Program can help you find data about diabetes in your region or county. To learn more, visit our website at www.dhss.mo.gov/diabetes, email us at DiabetesMO@dhss.mo.gov, or phone us at 800-316-0935.

7. **Planet D**

The American Diabetes Association created a website especially for children and youth with type 1 diabetes. The website, called Planet D, allows kids and teens to create their “D-ID” (Planet D identity) and post messages and ask questions of others in their age group who are dealing with diabetes. See the website at <http://tracker.diabetes.org/index.php>.

8. **Diabetes Research News**

Need another reason to quit smoking or convince yourself or others not to start? Not only does tobacco use cause lung cancer, heart disease and stroke, researchers say it also raises the risk for the most common form of diabetes. Read more from Reuters at <http://www.reuters.com/article/health-SP-A/idUSN1151324920071212?sp=true>.

Studies are showing that an increased risk of getting some cancers affecting both men and women, such as breast, prostate and colorectal cancer, is linked to weight gain and diabetes. One such study at the University of Minnesota indicates that women with type 2 diabetes were 1.5 times more likely to develop colorectal cancer than women without diabetes. Read more about this and other studies online from Medical News Today at <http://www.medicalnewstoday.com/articles/91235.php>.

A new study from Japan indicates that adult children of people with type 2 diabetes are more aware of their own risk for developing the chronic condition. However, the generations have different perceptions of which risk factors are the cause. Read more about this study from Reuters at <http://www.reuters.com/article/healthNews/idUSHO07125620071210>.

A study from France, which included 27 women with diabetes, suggests supplementation with omega-3 fatty acids could reduce fat mass in people with diabetes, as well as improve blood lipid levels associated with clogged arteries. Read more about the study in an article at Nutraingredients.com –Europe at <http://www.nutraingredients.com/news/ng.asp?n=82026-omega-diabetes-cvd>.

9. **Physical Activity Related Articles and News**

▪ **Physical activity and public health.**

Updated recommendation for adults from the American College of Sports Medicine and the American Heart Association can be reviewed at <http://circ.ahajournals.org/cgi/reprint/116/9/1094>.

▪ **CNN Fit Nation**

Cable News Network (CNN) Fit Nation is an ongoing, multiplatform, grassroots initiative against obesity. Over the past three years, Dr. Sanjay Gupta and the CNN Medical Unit have crisscrossed the country, asking Americans to take charge of their weight by exercising more and eating healthier. This year, Dr. Gupta traveled from Michigan to California asking the public to pledge to add 1 million hours to their collective lives by getting off the couch and exercising. Since he began the tour in April,

the campaign has surpassed its goal, with exercise pledges close to four times that amount. Dr. Gupta said he hopes that legislators and administrators who can make a difference in policy and perhaps change attitudes about obesity will hear the solutions discussed at the summit. For more information about CNN Fit Nation, visit <http://www.cnn.com/SPECIALS/2007/fit.nation/>.

- **Initiative Encourages Physicians to Prescribe Exercise**

The American Medical Association (AMA) and the American College of Sports Medicine on Monday launched the “Exercise is Medicine” initiative, which calls on physicians to prescribe exercise to their patients. Designed to promote regular physical activity, the program encourages physicians to advise able patients to participate in at least 30 minutes of physical activity and 10 minutes of stretching and light muscle training five days per week. Ultimately, organizers hope physicians will monitor and record physical activity much like other vital signs during patient visits. To support physicians in these efforts, campaign organizers have launched a Web site housing educational materials and tools for physicians, patients, the media, and policy-makers. The groups also plan to develop educational materials for use in medical schools to emphasize the importance of patient fitness early in physicians' careers. Learn more at: <http://www.exerciseismedicine.org/images/PressReleaseNov07.pdf>.

- **The National President's Challenge is coming!**

The National Challenge will be launched in the spring of 2008. This physical activity challenge will help Americans of all ages “Spring into Action” by utilizing the President’s Challenge website to track physical activity. Look for more information in upcoming issues of Fitness Is Fun and on the President's Challenge website at http://www.presidentschallenge.com/misc/news_research/newsletter_archive/2007/november07.html#top

- **SAVE THE DATE: National Women’s Health Week, May 11-17, 2008**

National Women’s Health Week empowers women across the country to get healthy by taking action. The nationwide initiative, coordinated by the U.S. Department of Health and Human Services’ Office on Women’s Health (OWH), encourages women to make their health a top priority and take simple steps for a longer, healthier and happier life. During the week, families, communities, businesses, government, health organizations and other groups work together to educate women about steps they can take to improve their physical and mental health and prevent disease. For more information or to become a National Women’s Health Week partner, visit www.womenshealth.gov/whw.

10. **"NIH Announces Collaboration With National Council of Negro Women to Reduce Childhood Overweight"**

Officials from the National Institutes of Health (NIH) announced a collaboration with the National Council of Negro Women (NCNW) to help African American children maintain a healthy weight. The *We Can!* program provides parents and caregivers with the tools, strategies, and tactics they need to address the problem of childhood overweight. Learn more from the NIH press release at <http://www.nih.gov/news/pr/dec2007/nichd-06.htm> or go directly to the *We Can!* website at <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>.

11. **“New way to test triglycerides helps reveal women's heart risk”**

The article from Harvard Women's Health Watch (Oct2007) discusses studies that showed an association between elevated non-fasting triglycerides and later cardiovascular problems in women. Access the article online at <http://search.ebscohost.com/login.aspx?direct=true&AuthType=cookie,ip,url,cpid&custid=s6400409&db=afh&AN=27653371&site=ehost-live>

12. Still a Broken Promise: Annual State Tobacco Prevention Spending Report

Ten years after the multi-state settlement, a report by the Campaign for Tobacco-Free Kids concludes, states need to keep the promise of full funding for tobacco prevention and cessation efforts. The Robert Wood Johnson Foundation (RWJF)-supported report ranks the states based on their funding for tobacco prevention and cessation programs as compared to the funding levels recommended by the Centers for Disease Control and Prevention (CDC). Only three states meet CDC recommendations for tobacco prevention funding—Maine, Delaware, and Colorado. The full report is at

<http://www.rwjf.org/files/research/brokenpromise2007.pdf>

13. This Week's Featured Recipe

The cold weather is here! After you've concluded your outdoor physical activity, a warm cup of cocoa might be in order. This **hot chocolate** recipe from the American Diabetes Association lists the serving exchanges, and can be found at

<http://vgs.diabetes.org/recipe/viewRecipeDisplay.jsp?SizedRecipeId=547&CategoryID=1>.